

Ongoing Weekly Programs – September 2019

Monday 8:30am-6:00pm	Tuesday 8:30am-4:00pm	Wednesday 8:30am-4:00pm	Thursday 8:30am-4:00pm	Friday 8:30am-1:30pm
9:00am-9:45am Zumba Gold (\$, Beg. 9/16)	9:00am-3:45pm Billiards/Horseshoes	9:00am-1:30pm Billiards	9:00am-3:45pm Billiards/Horseshoes	9:00am-10:00am Yoga (\$)
9:00am-1:00pm Ellington Chess Mates	9:15am-11:30am Bridge	9:00am-3:45pm Horseshoes	9:30am-11:45am Sew & So Crafters	9:00am-12:30pm Wii Bowling
9:00am-5:45pm Billiards/Horseshoes	9:30am – 10:30am Garden Thyme	9:30am-11:30am Cut-Ups Carving Club	10:00am-10:45am Chair Exercise (\$)	9:00am-1:15pm Billiards/Horseshoes
10:00am-10:45am Chair Exercise (\$)	10:00am-10:45am Chair Exercise (\$)	10:00am-11:30am Ellington Singers (\$*)	11:00am-11:45am Simple Circuit Fitness (\$)	9:30am – 10:30am Garden Thyme
10:00am-12:00pm Canasta	11:00am-11:45am Simple Circuit Fitness (\$)	11:00am-12:30pm Maple Street Café (\$, opens 9/17)	5:30pm-6:30pm CrosSculpting (\$)	10:30am-11:15am Chair Yoga (\$)
11:00am-12:30pm Adv. Line Dancing (\$*)	11:00am-12:30pm Maple Street Café (\$, opens 9/17)	1:00pm-2:00pm Ladder Ball & Cornhole		5:00pm-8:00pm Billiards
1:00pm-3:00pm Needle Crafts	12:00pm-1:30pm Hand Massages (*)	2:00pm-3:30pm Shuffleboard	We offer rides to Big Y and Stop & Shop on Fridays – contact Transportation for more info: 860-870-3137. *Limited space. See inside for details. \$ Fee – see Classes page for details Schedule is subject to change.	
1:15pm-3:30pm Board Games	1:00pm-3:30pm Dominoes			
3:00pm-3:30pm Meditation	5:00pm-8:00pm Setback			
	5:30pm-6:30pm CrosSculpting (\$)			

OUR VOLUNTEER PROGRAM LEADERS

Thanks to our “Volunteer Program Leaders” (VPLs), we are able to offer many programs at little or no cost. If you have any questions on a specific program, please feel free to stop in during the scheduled program time to speak with them, or visit our website: <http://seniorcenter.ellington-ct.gov>

Ballroom Dancing/Easy Line Dancing: Amelia Kurpat
 Board Games: Janet Sosnicki, Toni Finkle
 Bridge: Raffat Zulfiqar, Rich Gillogly
 Canasta: Kathi Peterson
 Cornhole/Ladderball: Toni Finkle, Janet Sosnicki
 Creative Writing & More: Pat Stoughton
 Cut Ups Carvers: Randy Russo, Ed Ertel
 Dominoes: June Lyons
 Ellington Chess Mates: Alex Cardoni
 Ellington Singers: Mary Regan, Maureen Webber

Garden Thyme: Janice Chaplin, Leslie Sutor
 Hand Massages/Card Making: Kay Luginbuhl
 Listening Lab: Patricia Stoughton
 Needle Crafts: Carolyn Feldman
 Setback: Dave Lehmann, Claudia Pirtel
 Shuffleboard: Shirley Pinard
 Sew & So Crafters: Judy Varney
 Walking Warriors: Joe Ouellette, Carol Adams
 Wii Bowling: Dennis Varney, Larry Peterson

Ellington Senior Center Special Events SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Labor Day Closed		9am-3pm Podiatry Clinic (\$,**) 10am Ellington Singers Resume(\$) 1pm Guy Talk: Dr. John Griffith	1pm Card Making 2:45pm Monthly Music with EHS	
9	10	11	12	13
9am Zumba Gold Trial Class (**)	12:30pm – 2:00 pm Ask the Nurse 1pm TED Talk	1pm Listening Lab	1pm Volunteers Meeting	
16	17	18	19	20
9am NEW: Zumba Gold Class Begins (\$,**) Hike: Bush Hill (Register with Sam)	11am-12:30pm (\$) MSC Kitchen Reopens 1pm TED Talk	1pm History for Fun: Elvis Presley**	9am-1pm AARP Smart Driver Class (\$,**) 10am Craft Fair Volunteer Meeting 1pm Creative Writing & More	
23	24	25	26	27
Hike: Campbell's (Register with Sam)	1pm CRIS Program(**)	10am-1pm Elderly Outreach/Social Worker Office Hours 1pm Memory & Movement 1pm TED Talk	1pm Medicare: What You Need to Know(**)	9am Volunteer Receptionist Meeting
30				** Please sign up in advance in the Info Center for these programs.